



Savory Meatloaf (Makeover)

READY IN



100 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices sandwich bread white lightly toasted
- 1.5 lb pd of ground turkey lean
- 1 cup buttermilk
- 1 tablespoon worcestershire sauce
- 1 teaspoon sage dried fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon ground mustard
- 0.3 teaspoon pepper
- 1 clove garlic powder finely chopped

- 0.3 cup eggs fat-free
- 0.3 cup onion chopped
- 0.3 cup bell pepper green finely chopped
- 0.3 cup barbecue sauce
- 1 slices bell pepper green thin

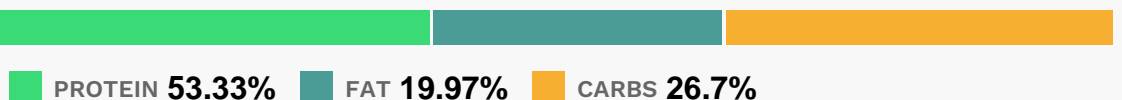
Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- loaf pan
- kitchen thermometer

Directions

- Heat oven to 350°F. Into food processor or blender, tear toasted bread into pieces. Cover; process with on-and-off pulses until bread is crumbly and evenly chopped.
- In large bowl, mix bread crumbs and remaining ingredients except ketchup and bell pepper slices.
- Spread mixture in ungreased 8x4- or 9x5-inch loaf pan.
- Spread ketchup over top.
- Baked 1 hour to 1 hour 15 minutes or until meat thermometer inserted in center of loaf reads 165°F.
- Let meatloaf stand 5 minutes; drain.
- Remove from pan. Top with bell pepper slices. To serve, cut meatloaf into 6 slices.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:5.21, Inflammation Score:-5, Nutrition Score:18.862173712772%

Flavonoids

Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 231.78kcal (11.59%), Fat: 5.15g (7.92%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 14.53g (5.28%), Sugar: 7.71g (8.57%), Cholesterol: 104.43mg (34.81%), Sodium: 528.27mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.83%), Vitamin B3: 11.86mg (59.3%), Copper: 1.14mg (57.16%), Vitamin B6: 1.08mg (54.19%), Selenium: 33.14µg (47.35%), Phosphorus: 338.24mg (33.82%), Vitamin C: 18.27mg (22.14%), Vitamin B2: 0.28mg (16.68%), Zinc: 2.48mg (16.51%), Potassium: 520.65mg (14.88%), Vitamin B5: 1.42mg (14.25%), Vitamin B12: 0.85µg (14.21%), Vitamin B1: 0.18mg (11.98%), Magnesium: 47.67mg (11.92%), Iron: 1.87mg (10.38%), Calcium: 95.35mg (9.53%), Manganese: 0.19mg (9.26%), Folate: 33.95µg (8.49%), Vitamin D: 1.18µg (7.84%), Vitamin A: 258.43IU (5.17%), Fiber: 0.95g (3.82%), Vitamin E: 0.43mg (2.87%), Vitamin K: 2.18µg (2.08%)